

## **Historic, archived document**

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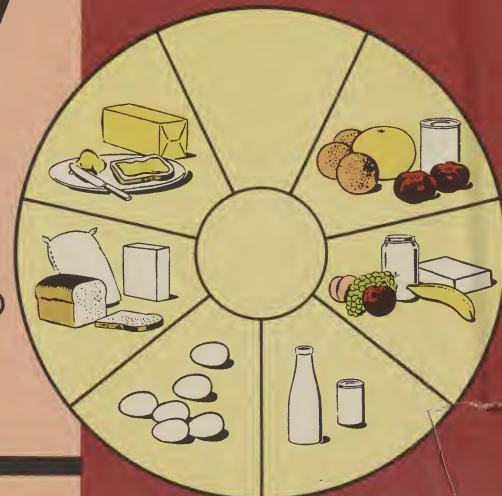
# A DAY'S PATTERN FOR GOOD EATING

FROM THE "BASIC 7"



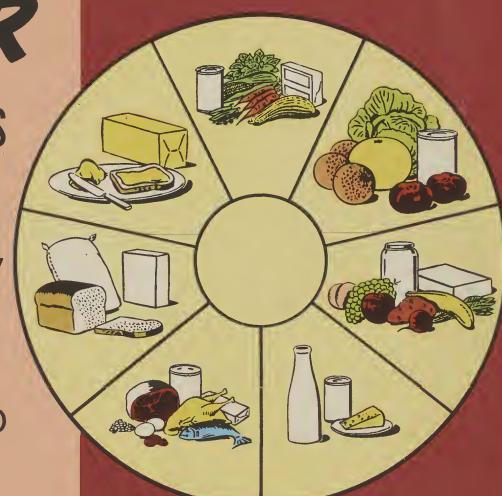

## BREAKFAST

FRUIT  
CEREAL with MILK  
BREAD      BUTTER  
(Fortified Margarine)  
BEVERAGE



## LUNCH OR SUPPER

MEAT·POULTRY·FISH·EGGS  
CHEESE (Main Dish or Sandwich)  
VEGETABLE-Cooked or Raw  
(GREEN or YELLOW)  
BREAD      BUTTER  
(Fortified Margarine)  
FRUIT      MILK



## DINNER

MEAT·POULTRY·FISH  
EGGS·CHEESE  
POTATO      VEGETABLE  
SALAD  
BREAD      BUTTER  
(Fortified Margarine)  
DESSERT      BEVERAGE

